

FOODS TO BUY

Cereal
6 single-serving boxes or 1 larger box

Fruit or fruit cups with no heavy syrup or applesauce
12 cans, 4 oz. each

Low-sodium asparagus, carrots, green beans, peas, corn, yellow squash or wax beans
6 cans, 8 oz. each

Low-sodium or no salt added tuna, crab, chicken, salmon or turkey
6 cans, 3-4 oz. each

Unsalted peanut butter or almond butter
1 jar

Mayonnaise
3 small jars or 8-12 single foil packs

Jelly* or sugar-free jelly**
1 small jar

Vanilla wafers, graham crackers or plain, unsalted crackers
1 box

Sugar-free candy, including sourballs, hard candy, jelly beans and mints*
1 package

Sugar-free chewing gum
1 jumbo pack

White bread***
1 loaf

Honey*
1 small jar

White sugar*
1 small box or 1 box individual packets

Marshmallows (optional)*
1 bag

* = foods diabetics may wish to avoid
** = diabetic alternative
*** = food may spoil and should be eaten before expiration date

DRINKS TO BUY

Distilled or bottled water
1-2 gallons

Dry milk or evaporated milk
3 packages dry milk or 4 cans evaporated milk, 8 oz. each



Cranberry, apple or grape juice
6 cans or boxes, 6 oz. each

DO NOT EAT OR DRINK!

Sports drinks, drinks with phosphate or powdered drink mixes



Bran or granola

Raisins and other dried fruits, including cereals with dried fruit

Dried beans, including pinto, navy, black, ranch style or kidney beans

Potatoes

Tomatoes

